

Program Reminders

2019 Mandatory Annual Nutrition Training

The 2019 Mandatory Annual Nutrition Training is online at www.choicesforchildren.org. You can access the training by going to Programs>Child Care Food Program and clicking on the blue **2019 Annual Nutrition Training** button. The Online Annual Nutrition Training is **mandatory** to continue your participation with the CACFP and will be available online **May 1, 2018** through **August 31, 2019**.



This year's training consists of a training packet which you can print and a 30 question Annual Nutrition Training Final Quiz. You will receive a Certificate of Completion when you pass the quiz which will be your proof of having taken the Annual Training.

****Good News!****
DIRECT DEPOSIT COMING SOON!

**Details
to follow**

* April Claim Deadlines *

May 1st: KidKare claim due by midnight

May 5th: Child Enrollment Forms
(and Parent Sign In/Out sheets
for Holiday/Weekend care) due in office



On the Move!



Spring Gardening!

Gardening with kids can create an opportunity for learning unlike no other. Start by planting vegetables that have high success rates, such as green beans, cucumbers, tomatoes, potatoes, peas, or zucchini.

You can use a vegetable starter kit, where the vegetables have already begun to sprout, or plant from seeds.



Take a field trip to a nursery. Speak with people at the local nursery, so they can tell you which vegetables require sunlight and which need shade. Also, ask how to feed them and how often they need water.

The bonus of gardening: it brings your kids outdoors together several times a week to get moving and tend to the garden!



Meal Pattern Reminders



Choosing Healthy Meat and Meat Alternates

Children should eat a variety of healthy meat and meat alternates throughout the week. On the Child Care Food Program, a meat and meat alternate is required at lunch and dinner and can be served in place of the grain component at breakfast, but no more than three times per week.

Here are some healthy meat and meat alternates to choose from:

- **Fish and seafood.** Fresh, frozen, canned all contain healthy fat (omega-3)
- **Poultry (chicken and turkey).** Grilled or baked. Served without skin.
- **Lean meats including beef, pork and lamb.** Look for lean cuts of meat and the leanest ground meats possible (90% lean or higher).
- **Nuts and Seeds including peanuts, almonds, sunflower seeds and their butters.** Remember if you serve nuts, seeds or their butters you must supplement with an additional protein source (ie, cheese, yogurt) as they only meet 50% of the requirement for meat alternates at meals (breakfast, lunch, dinner).
- **Eggs can be served in a variety of ways:** hardboiled, scrambled, etc. Be sure that eggs are cooked thoroughly to avoid foodborne illness.
- **Beans** that are dry, canned or frozen are great meat alternate options and are versatile as well as inexpensive.
- **Low fat dairy** such as cheese and yogurt. When selecting cheese choose low fat or reduced fat versions (must not contain "processed cheese product" on label). Remember, yogurt must contain no more than 23 grams of sugar per 6 ounces.
- **Tofu** must be commercially prepared, contain at least 5 grams of protein per 2.2 ounces (1/4 cup) and be easily recognized as a meat substitute in a meal.
- **Limit convenience/processed meats**
Convenience Foods such as chicken nuggets, fish sticks and corn dogs and processed meats such as lunch meat, hot dogs and pepperoni are not recommended due to them being higher in fat and sodium and therefore are limited to serving no more than 2 times per week. Because the amount of protein is not always evident, convenience foods must have a Child Nutrition Label (CN label) and processed meats must be supplemented with an additional protein source such as cheese or yogurt.



KidKare Corner



Using the Comment Box in KidKare

When you enter a meal in KidKare and then check the children for attendance, a Comment Box will appear at the bottom of the screen. This Comment Box is used to indicate any food or beverage substitutions made for children either with or without a disability. A Medical Statement is required when a food or beverage substitution does not meet the meal pattern requirements. A Parent Request for Nondairy Milk Substitute form is used when a child is substituting a non-dairy milk substitute that is nutritionally equivalent to milk (ie, soy milk). ALL food and beverage substitutions must be indicated in the Comment Box.

CONGRATULATIONS!
Providers of the Month
PAT ALEXANDER
OFELIA TORRES

Minute Menu Magic



<i>All Day with</i>		<i>All Day with</i>		BREAKFAST	
OFELIA TORRES	PAT ALEXANDER				
Barley (WG)	Pork Sausage Waffle	Wheaties (WG)	<i>*Banana Buckwheat Pancakes (WG)</i>	<i>*Breakfast Fruit Wrap</i>	
Strawberries	Applesauce	Peaches	Apriums	<i>Wh. Wheat Tortilla (WG) Ricotta Cheese</i>	
1% Milk	1% Milk	1% Milk	1% Milk	<i>Boysenberries</i>	
SNACK					
Yucca	String Cheese, Carrot Juice	<i>*Cream of Asparagus Soup</i>	Raspberries	Fruit Salad	
Croissants	Soft Pretzels	Oyster Crackers	Yogurt	1% Milk	
LUNCH/DINNER					
Scrambled Eggs	Salisbury Steak	Pork Cutlets	Whole Turkey	Seasonal Fish	
Wh. Wheat Tortilla (WG)	Wild Rice (WG)	Popovers	Stuffing	Tortilla Shells (WG)	
Bean Soup	Broccoli	Green Beans	Kohlrabi and Kale Salad	Nopales (Cactus)	
Star Fruit	Oranges	Sliced Tomatoes	Sauteed Squash	Cherimoyas	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	

W E E K L Y G R O C E R Y L I S T	Refrigerated	Meat
	1% Milk	Ground Beef
	Eggs	Pork Cutlets
	Yogurt	Whole Turkey
	Ricotta Cheese	Seasonal Fish
	String Cheese	Produce
	Carrot Juice	Yucca
	Pork Sausage	Star Fruit Peaches
	Packaged/Canned	Kohlrabi Apriums
	Croissants	Asparagus Onion
Applesauce	Broccoli Garlic	
Dry Beans	Carrots Kale	
Soft Pretzels	Oranges Squash	
Tortilla Shells	Tomatoes	
Wh. Wheat Tortillas	Nopales (Cactus)	
Wild Rice Barley	Boysenberries	
Stuffing Mix	Strawberries	
Buckwheat Flour	Raspberries	
Pecans	Cherimoyas	
Oyster Crackers	Green Beans	
Vegetable Stock	Potato Apriums	
Wheaties	Bananas	
<p style="text-align: center;"><i>Happy Mother's Day</i></p> <p style="text-align: center;">You are blessed. You are beautiful. You are valuable. You are brilliant. You are necessary. You are loved.</p>		

Cream of Asparagus Soup
 1 lb. Asparagus, cleaned and chopped 2 T Olive Oil
 ½ C chopped Onion 1 Garlic clove, minced
 1 medium Potato, peeled and cubed 2 C Vegetable Stock
 1 C Milk Salt and pepper to taste

Over medium heat, put oil, onions, and garlic in a large soup pot. Add asparagus, potato, and soup stock. Bring to boil over high heat. Reduce heat, cover, and simmer 20 minutes. Puree the soup until smooth with a hand blender, food processor, or blender. Stir in the milk. Add salt and pepper to taste. Serves 3-5 years.
Source: "So Easy Toddler Food", Ahlers & Tallman

Breakfast Fruit Wrap
 3 large Whole-Wheat Tortillas 4.5 oz. Ricotta Cheese
 3 C sliced Boysenberries 1/3 C chopped Pecans

Warm Tortillas; layer each with 1/3 ricotta, boysenberries, pecans; roll up and cut in half. Serves 6, 3-5 years. *Source: AICR*

Banana Buckwheat Pancakes
 1 C Buckwheat Flour 1 Egg, beaten
 1 tsp. Baking Powder 1 C Nonfat Milk
 ½ tsp. Salt 2 T Vegetable Oil
 2 T Sugar 1 Banana, sliced thin
 Butter, as needed (to prepare pan)

In a large bowl, combine flour, baking powder, salt and sugar; whisk together to combine. One at a time, add the egg, milk and oil to dry mixture, beating well after each addition. Heat large skillet or griddle over medium heat with small amount of butter. After the butter melts, pour one small ladleful of batter for each pancake onto the skillet. Place three slices of banana onto each pancake. Cook pancake until the edges cook brown and bubbles break the surface. Flip pancake and cook on other side until cooked through. Serve immediately. Serves , 3-5 years.
Source: www.meatless Mondays.com/recipes

spicyfoodie.blogspot.com